

## **Abstract**

### **Title:**

A case study focusing on the physiotherapeutic treatment of a patient with femur and tibia fractures

### **Objectives:**

The goal of the theoretical section is to examine and summarize academic information related to the fracture of femur and tibia including anatomy, fracture diagnosis, traumatology and treatment options. The goal of the practical section is to analyze a case study of a patient suffering from the aforementioned injuries.

### **Methods:**

The theoretical part is composed of existing academic knowledge related to the diagnosis which includes anatomy, traumatology, diagnostics and treatment possibilities.

The practical part was compiled on the basis of work experience in the Rehabilitation Hospital of Beroun between 14th January and 8th February. It is a case study of physiotherapeutic treatment of a patient with femur and tibia fractures, a summary of the treatment as well as an evaluation of the therapy's outcome.

### **Results:**

The condition of the patient after his rehabilitation programme showed no significant improvement. Reduced range of movement in his knee, which was the main problem improved, but insufficiently.

### **Conclusion:**

The exercise routine was the key factor in the rehabilitation of the patient. The condition of the patient didn't get significantly better and it is possible that his mental state contributed to the lack of improvement.

### **Keywords:**

fracture, femur, tibia, physiotherapy, injury